

***K*ittery Recreation**

Creating Community



Fall/Winter 09-10

Kittery Recreation

Creating Community Through Recreation!

Mailing Address: 200 Rogers Road
Physical Address: 2 Cole Street, Kittery, ME



Staff



Janice Grady, Recreation Director
Jeremy Paul, Assistant Director
Todd Henley, Program Coordinator
Dawn Sciascia, S.A.F.E. Coordinator
Elaine Helstrom, Sec/Bookkeeper

jgrady@kitteryrecreation.com
jpaul@kitteryrecreation.com
thenley@kitteryrecreation.com
dsciascia@kitteryrecreation.com
ehelstrom@kitteryrecreation.com



York Hospital Scholarship



York Hospital and Kittery Recreation have established a scholarship program for participants who do not have the financial means to pay the recreation program fees. The financial assistance for scholarships is provided by York Hospital. Kittery Recreation welcomes all Kittery residents to participate in our programs, leagues, and activities. Due to the generous donation from York Hospital, Kittery Recreation may be able to provide reduced fees to those who qualify. Applications should be completed prior to the start of the program, however, scholarship fund availability and program registrations cannot be guaranteed. Upon review by the Recreation Director, qualified participants may receive assistance with program fees. All requests will remain confidential. Application forms are available at the Recreation Office or on line at www.kittery.org.

Inclement Weather

If Kittery Schools close due to inclement weather, the S.A.F.E. Program is cancelled as well. Morning classes at the Rec. will be cancelled. Please check our web site to see if we have cancelled classes for the afternoon and evening, or tune into your favorite radio station. We try not to cancel all classes in the morning for the entire day since our weather has a tendency to clear mid day and afternoon and evening classes can sometimes be held. Please call us if you have any questions.

Confirmation

We do not send confirmation notices. We will notify you if a program is cancelled or changed. If it is cancelled a full refund will be given.

How to Watch a Good Program Die

Nothing kills a recreation program faster than those who wait until the last minute to register. There is always a point when a program must be cancelled if there is insufficient registration. All programs require a level of scheduling, staffing and purchasing. **Please register early!**

Ideas or Instructors

Do you want to see a program offered or would you like to become one of our instructors? Go on our web site and print off an instructor application. We are always looking to offer what you want so help us out. Thanks. www.kittery.org

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Mission

Our objectives are:

Meet the needs and interests of our citizens with quality service at a competitive price.

Contribute to the quality of life in our community by providing opportunities for families to recreate together.

Provide parents with alternative programming for after school hours and summer months for their children.

Offer a challenging and rewarding environment through enrichment programs, classes, special events, team and individual sports.

Provide leadership opportunities for all ages.

Earn the confidence of those we serve by demonstrating consistency dependability and commitment.

Provide quality services in meeting our citizens' needs by promoting strong customer satisfaction.

Registration

1. Come into the office and complete a registration form and make a payment for the activity.

2. You may register on-line at kitteryrec.recware.com.

You may use your credit card at this site, however, there is a service fee charged by the host company.

3. Complete a Medical/Emergency Form once. It will be kept on file and participants will be responsible to notify the Recreation Department of any changes.

4. Each program session is considered a new class. All individuals must register for all sessions they wish to participate in. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.



kitteryrec.recware.com.



Harry Hannigan
Proprietor

(207) 439-2872

28 Wyman Ave.
Kittery, ME 03904

Payments

Payments/Credit Cards On Line Only

Did you know that you can now register for many of the Recreation Department's classes and activities on-line?

The process is fairly simple. Depending on your server, you can go to: kitteryrec.recware.com or you can go to: <http://activenet2.active.com/kitteryrec/>. You will be asked to request an account. You will receive confirmation of your request within 24 hours and then you will be able to register and pay using a credit card for classes on-line. However, there is a service fee charged by the host company.

Please note that not all of the Recreation Department's classes and activities will be available on-line. For those activities that are not available on-line, you can register by coming into the Recreation Office.

Payments

Credit Cards on Line Only

This Department accepts checks and cash. Credit cards can be used on line only at kitteryrec.recware.com.

Please do not call Adult Ed to register for our classes.

Although we share a brochure; our departments, budgets and locations are totally separate. Thank you.

Policies

Refund Policy

- If KR cancels a program the participant will receive 100% refund.
- Withdrawals 3 working days prior to the start of the program a 100% refund after a \$20 processing fee is charged. If you opt for an in-house credit to your account the \$20 processing fee will be waived.
- Less than 3 working days prior to the start of the program, a 50% credit will be applied to your in house account.
- On trips, there is a no refund policy unless we can find a replacement. If we find a replacement you will receive a refund after a \$20 processing fee.

Photo Policy

By registering for a class or activity, you give us permission to take and publish photos of your participation, along with photo identification. Pictures may be used in the brochure, papers or displayed at the Community Center. If you do not wish to have photos of you used, please include this request in writing along with your registration form.



Afterschool Program at Frisbee School

Safe Alternatives for Enrichment is our afterschool program for children in grades K-8. We offer children the opportunity to play, explore, and create in a supervised and nurturing environment. SAFE is a licensed program, operating under the guidelines set by the State of Maine. SAFE is held at Frisbee School and is open Monday thru Friday 2-6:00 p.m. Children attending from Mitchell or Shapleigh are bussed to Frisbee at the end of the school day. SAFE offers homework time, outdoor/indoor recreation, and arts & crafts on a daily basis. This is a great place for your child to interact with others, learn new skills, and stay safe after school hours end. The SAFE Program is also open on half days, parent/teacher conference days, and vacation days. All children need to be registered with the program in order to participate in program activities. You can register your child for the SAFE Program at the Recreation Center located at 2 Cole Street. **The S.A.F.E. Program is closed on snow days.**

A registration fee of \$25 per child is due and a payment for the current session must be paid in full at the time of registering your child. This will ensure your child's spot at the program. A registration packet is available at the Recreation Office, 2 Cole Street, Kittery or call 439-3800.

Dawn Sciascia is the S.A.F.E. Coordinator. She is an Eliot resident and mother of two small children. Dawn has seventeen years experience working with children. After receiving her BA in Elementary Education in 1998 she moved to Oregon taught kindergarten and ran a summer camp and afterschool program. Prior to working for the S.A.F.E. Program she enjoyed being a mother and working as the lead aftercare teacher for the Tidewater School in Eliot. She loves singing, dancing, creative art and sports.



Kittery Recreation Birthday Packages

Let Kittery Recreation take away the stress of birthday party planning! We are offering themed birthday parties for these special occasions. Our party package will include; facility, decorations, one staff person, pizza, cake, favors, games, craft project, set up and clean up. Each package price is based on 10 children and 10 adults. There will be a per person charge for more in attendance. The package price is \$200. There is a form to complete and a non-refundable 50% deposit to reserve a date.

Tea Party Theme-Dress up in your prettiest party dress and bring your favorite doll or teddy bear along. The tables will be set with pretty teapots and table cloths. You will make your own beaded necklaces and fan and even play some fun games with your friends. One sugar cube or two?



Princess/Knight Theme-Hear thee, Hear thee, calling all royalty for a most majestic party. There will be a Knighting ceremony for the Knights and our little ladies will have the full princess treatment with glitter and all! Children will make their own wands and crowns and even build a sugar cube castle. Come one, come all!



Pirate Theme-Aahrgg Ye Mateys! X marks the spot for this birthday party! You will make your own flag and bandana. You will use a secret map to find the hidden treasure! You and your friends will step into the Caribbean!



Guitar Hero/Wii Theme-Be a rock star! Challenge your friends to a Guitar Hero contest or just play one of the many Wii games we have. Two tv's and two Wii systems will be set up to make your birthday a video game blast!



***Kittery Recreation Department
and Traip Booster Club
Present These Fundraisers***

***Halloween Adult Costume Dance
Friday, October 23rd
8:00-11:00pm-Regatta Room, Eliot***

Dress up in your best costume and join the Kittery Recreation Department and Traip Academy Athletic Boosters for the 1st Annual Halloween Costume Dance. Witches, ghosts, and clowns come on out and dance! Costumes are encouraged, though not required. Please join us for a hauntingly fun evening. Costume prizes to be awarded.

Cost: \$20/person prior, \$25/person at the door Adults 21 +
Ticket includes light fare/finger foods



November 21st at Traip Academy

For years the Harlem Rockets have been thrilling fans with their unique combination of basketball skills, zany comedy and audience participation. Join the Kittery Recreation Department as the team of "Community All-Stars," takes on the Harlem Rockets! Tip-off is set for 7:00 pm on Saturday, November 21st at Traip Academy. Get your tickets early to guarantee a great seat to a game you won't want to miss. It was standing room only last year and it was a blast! There will be food on sale too! Doors open at 5:00 pm. At 5:30 pm, several lucky fans will be selected to participate in a shooting contest with members of the Traip Academy Boys and Girls Basketball teams. Similar to the NBA All-Star shooting competition, teams of 3 will compete against each other and the clock to make 5 shots from designated spots.

Where:	Traip Academy	
When:	Saturday, November 21st @ 7:00 pm	
Who:	Families	
Fee:	Students Advance Tickets:	\$6
	Students at the Door:	\$8
	Adults Advance Tickets:	\$8
	Adults at the Door:	\$10



Special Events

Family Corn Maze Trip Thursday, October 8th

We travel to Coppal House Farm in Lee, NH to enjoy a great fall night! There will be a six-acre corn maze to explore, snacks and a bonfire! We provide transportation admission and snacks. Be sure to bring a flashlight to find your way through the maze!

Date: Thursday, October 8th
Time: 5:30 pm leave the Community Center
Cost: \$18 or \$25 a family



(2008 Maze - The Dragonfly)

Boo Bash for Tots Monday, October 26th

Little witches, ghosts, and goblins, you won't want to miss this special Halloween lunch just for you! Dress in your costumes and join us for fun, games and food. Come enjoy lunch, just the way you like it. Everyone will get a ribbon for their costumes and there will be game prizes and lots of FUN! **FREE**

Who: Tots 3-5 yrs
When: October 26th, 11:30-1:00 pm
Where: Community Center
Pre-Registration is Requested!
Cost: **FREE!**



Halloween Celebration Saturday, October 31st

Join us at Emery Field/Kittery Community Center on Saturday, October 31st for Kittery Recreation's 8th Annual Community Halloween Celebration. Come and be a part of the festivities from 12 noon-3 p.m. Join in on the fun and spend some quality time with your family and friends. This event will have pumpkin painting, free pumpkins, hayrides, games, food, bouncer, community groups and more. This event grows every year. Don't forget your costumes! Food available for purchase. **FREE** Admission. Rain date is November 1st.



Special Events



Turkey Shoot November 22nd

The Kittery Recreation Charity Turkey Shoot will take place on Sunday, Nov. 22, from 9 am-12 noon at Shapleigh School. Children in grades K-8 may participate. We ask that you bring a nonperishable food item with you as your contribution to needy families in the area. This Thanksgiving, have the kids bring home the turkey! Participants will be divided by gender and age and shoot basketball foul shots. The most shots made in each division will win a big turkey!

Who: Children Grades K-8
 When: Sunday, November 22nd 9 am-12 noon
 Where: Shapleigh Middle School
 Fee: Free/Bring a nonperishable item to donate

Breakfast with Santa & Mrs. Claus December 12th

We have made special arrangements with Santa Claus and Mrs. Claus and they have agreed to have breakfast in Kittery on **Saturday, December 12th**, from 8-10 am. Come join us for bagels, donuts, coffee, hot chocolate and juice at the Shapleigh School. The kids will have a chance to tell Santa what they would like for Christmas and have a picture taken with Santa and Mrs. Claus. Adults \$3 and children \$2 for breakfast, and photos will be available for purchase.



Who: Children, parents, grandparents
 When: December 12th 8-10 am
 Where: Shapleigh School
 Fee: Breakfast is \$3 Adults \$2 children

Gingerbread House

Let's make a gingerbread house together for the holiday. It is so much fun to watch it develop before your very own eyes. This class will happen in the evening so that parents, grandparents etc., are able to join in on the fun.

Who: Children, parents, grandparents
 When: Thursday, December 10th, 5:30-7:00 pm
 Where: Community Center
 Fee: \$3 preregistration or \$6 at the door



Special Events



Take It Outside February 17th

Join the Kittery Recreation Department staff and Maine State Conservation Dept., Bureau of Parks and Lands staff as we "Take It Outside" for the third year and enjoy Fort McClary State Park in the wintertime. The day will consist of fun outdoor activities, including: ice skating, a bon fire (weather permitting), tree identification, snowshoes, animal tracking, maple tree tapping, and demonstration and more. Fort McClary is located on Route 103 in Kittery Point. This event will be held on Wednesday, February 17th, from 12:00-2:30 pm. Dress warm!!! Food will be available for purchase.

An advertisement for Ovington's Produce. The background is a close-up of several slices of ripe, yellow-orange peaches. The text "Ovington's Produce" is written in a large, yellow, serif font at the top. Below it, the email address "ovingtons@verizon.net" is written in a smaller, white, sans-serif font. At the bottom, the name "Robert Ovington" is written in a white, serif font, followed by the address "26 Brickyard Court A - 5" and "York ME 03909" in a white, sans-serif font. The phone number "207-363-4592" is written in a white, sans-serif font on the right side.

Special Events

Valentines Dance February 6th

Spend an evening with someone special at our Annual Valentines Dance at the Center.

Any father, stepdad, uncle, brother, grandfather, or family friend is welcome to escort that special girl in their life on Saturday, February 6th, from 6:30-8:30 p.m.

Enjoy a live DJ, refreshments, door prizes, party favors and memories that can be captured on a photo for an extra charge. Tickets are available and the cost is \$15 for one couple (adult and child), \$25 for a family (adult and more than 1 child), and \$30 at the door per family. Free corsage for the girls at the door. Donations of goodies or drinks would be appreciated. If you are donating items for the party, please let us know what you will be bringing when you register. Thanks.



Mother/Son Event February 6th

We didn't forget mother and son. While father and daughter are dancing the night away, mom and son are headed to Bowl-O-Rama for some Cosmic Bowling! We'll have music, lights, a DJ, and pizza! Any mother, stepmom, aunt, sister, grandmother or family friend is welcome to escort that special boy in their life on Saturday, February 6th, from 6:30-8:30 pm. Tickets are available at the Community Center. \$15 per person. **Preregistration is required** to secure the correct number of lanes and food.





Pee Wee Soccer

The Pee Wee Soccer league is back! This is a six week program that will offer a basic introduction to the game of soccer for children ages 3 and 4. Skills and drills will be included, however, the main emphasis will be to have lots of fun for you and your child! The league will run on Saturday mornings, September 12th-October 24th at Frisbee Field. The times for this group are 9 or 10 am games! This program requires "feet on" participation by all parents. **\$40 per person and \$60 per person if registering late.** Registration is August 10-August 28th.

Volunteer Coaches Needed!

Fall Soccer

SPECIAL SIGN-UP NIGHT!

There will be a special Fall Soccer sign-up night on August 26th, from 5-7 pm at the Community Center.

Fall Soccer

It's soccer time! Kittery Recreation will once again be offering a Fall Youth Soccer League. This league breaks up the players into divisions based on grades. Season ends with a Jamboree on October 24th.

Nipper Div. is for 5 year olds -1st grade

Junior Division is for grades 2nd-3rd

Senior Division is for grades 4th-6th

Who: Children ages 5-grade 6

When: Season runs from Sept. 12-Oct. 24th

Where: Nippers/Frisbee Field
Juniors/Frisbee Field or Shapleigh
Seniors/Emery Field

Fee: \$40 per person



Soccer Registration runs from August 10-August 28th. Late fees start on August 31st and will increase to \$60 per child. Volunteer coaches needed!

Sports



Pee Wee Basketball

Back for another season, is the Pee Wee Hoops League! This six week program will be offered as a basic introduction to the game of basketball. Age-appropriate skills and drills will be included, however, it's all about FUN! The league will run on Saturday mornings. Each Saturday the teams will have a combination of skills sessions and games. **Coaches are needed for this program, please indicate on the registration form if you are willing to coach your child's team!** Registration is October 5-30th for \$40 a person. After the 30th fees increase to \$60 per child.

Who: Children 3 and 4 years old
When: Saturdays, 8 am, Dec. 5-Jan. 23
Where: Shapleigh School
Fee: \$40/child/\$60 if late registration



Basketball Grades K-2

This program is for children in K-2nd grades and will be a noncompetitive, fun and skill based introductory program. **Coaches are needed, please indicate on the registration form if you are willing to coach your child's team.** Registration is October 5-30th. The season is December 5-January 23rd.

Who: Kindergartners
 1st graders
 2nd graders
When: Saturdays
Where: Shapleigh School
Fee: \$40 per person and
 \$60 if late registration.

Basketball Grades 3-8th

The season begins with practices in November and runs through early February. This program has both a boys and a girls division for participants in grades 3-8. **Coaches, scorekeepers, refs, and concession stand workers are needed.** Please indicate on the registration form which area you would like to assist the program. Registration is October 5-30th.

Who: 3-8th grade boys and girls
When: Nov-Early February
 (players clinic on 11/7 & 8)
Where: Shapleigh Middle School
Fee: \$40 per person. After
 October 30th, fees after
 the 30th increases to \$60.

Sports

Turkey Shoot Sunday, November 22nd from 9-noon at Shapleigh School. Children in grades K-8 may participate. We ask that you bring a nonperishable food item with you as your contribution to needy families in the area. This Thanksgiving, the kids are going to bring home the turkey! Participants will be divided into age groups and shoot basketball foul shots and try to win a big turkey.

Who: Grades K-8
When: November 22nd
9-noon
Where: Shapleigh School
Fee: Free/Non-perishable items



Football 5th-8th Graders

Football season is underway! Students in grades 5-8 starting in September 2009 can participate in the Kittery Youth Football League. Kittery has participated in the league for the last three years and we are looking forward to another exciting season of action-packed football at Memorial Field.

Teams play in the Southern Maine Youth Football League. There is a Varsity Division (7th & 8th graders) and a JV Division (5th & 6th graders). There are eight regular season games plus two playoff games. Games are usually played on Sunday afternoons or Saturday nights (with teams that have lighted fields). Home games are at Memorial Field. Other teams in the league include Gorham, Wells, Bonny Eagle, Somersworth, Kennebunk, Noble, Windham, York, Scarborough, Marshwood and Saco. The season extends from early August to the end of October. **Late registration is now \$101.**

Cheerleading

The KYFL is looking for cheerleaders for the upcoming season. **Ladies entering grades 5-8 may register for cheerleading.** Registration is now \$55. Make checks payable to Kittery Recreation.



Ballet-Creative Movement

With Lorelei Marquis

Creative Movement (3-4 yrs)-10-10:45- This class focuses on building gross motor movement skills, such as skipping, hopping, galloping and movement isolations. Your child will be encouraged to move in a way that is both safe for their body and fun! Students will begin class with a "Sharing Time" where they are able to be social with both the other students and instructor. We start with stretching and flexibility training, which incorporates yoga with some warm-up isolations. We then move on to building basic movements (this usually is in the form of some sort of game), and end with a freeze dance. Freeze dance helps build individual creativity and lets the student express their own personality, while keeping them within the parameters of the game. Students are exposed to a lot of different music and are instructed to dance differently to the different music styles. This will build listening and social skills, but the most important thing is to be having fun! Max 8 students Monday Class.

Mondays:

Session 1: Sept 14, 21, 28, Oct. 5, 12, 19, Nov 2 and 9

Session 2: Nov 23, 30, Dec. 7, 14, 21, 28, Jan. 4 and 11

Ballet I (5-10 yrs)-4:00-5:00- A beginner Classical Ballet class for those with little or no dancing experience. Class will focus on barre work to build correct technique/posture and will build up to more centre work as the class progresses. The class will also be exposed to different types of music to help build their appreciation and recognition of both classical and non-classical music. Lastly, students in this class will be taught how to count music as it pertains to dancing. Individual creativity will be fostered with the classical ballet framework as a base to build from. Thursday class. See dates below.

Ballet II (10-12 yrs)-5:00-6:00- A continuation of Ballet I, Ballet II is for those students who have had at least a year of solid Classical Ballet training. Each class begins with barre work and then progresses to centre work. This class will review steps that were taught in Ballet I and continue to build their movement vocabulary with progressively more difficult steps as the year goes on. Technique will be emphasized and the students will begin to learn how to link movements together in centre work to create short combinations. Lastly, the students will be exposed to different types of music (classical and non-classical) to help deepen their appreciation of melody and how it relates to movement. Thursday class.

Thursdays:

Session 1: Sept 17, 24, Oct. 1, 8, 15, 22, 24, 29 and Nov. 5

Session 2: Nov 19, Dec. 3, 10, 17, 31 Jan. 7, 14, 21



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Art Workshops

Heather Walters has been conducting art workshops for children for several years. She is a Kittery resident and wants to provide this service to our residents. These workshops will meet four (4) Saturdays from 10-12 noon at the Recreation Center.

Where: Kittery Recreation
When: Saturdays, 10-12
Who: Ages 8-12
Fee: \$45/\$20 is payable
to the instructor for
supplies.

*Sessions/dates to be
announced, call today!*

Swim Lessons with Seacoast YMCA

Registrations for swimming lessons with the Seacoast YMCA will be conducted a little differently this year. If you are interested in swim lessons with the Y, you will need to pick up a swim test form/waiver. The form will instruct the participants to go to the Y dressed for a swim test Mon, Wed, or Friday 5:30-7 pm or Tues and Thurs 4:30-5:30 pm prior to registering for a class. The instructor will indicate and sign what level the participant is at. The participant should then return to the Kittery Rec Department and register for their class. Rec Departments will be able to log onto the YMCA website and connect to the online registration system and see what classes are open. Additionally, if the swim lesson is followed by an open swim time participants can stay through open swim.

Swim Lesson Schedule and other information can be found at:
www.seacoastymca.org.

Session 1:	Sept 7-Oct 25
Session 2:	Oct 26-Dec 20
Fee:	\$77/for each seven week session





Indoor Playdates

Mondays 11:15-12:45

For all those days spent indoors during inclement weather, come to the Rec. Center and have some fun while socializing in a safe environment. We are opening our gym doors for parents and children to engage themselves in fun activities and socialization. Equipment and mats will be provided. Parents must stay with their children at all times.

American Red Cross Baby-Sitting Training Course

This baby-sitting course prepares youth with the training every parent wants in a baby-sitter including; safety, basic childcare, safe play, first-aid and critical emergency action skills. Bring a lunch.

Who: Youth 11-15
When: Saturday, 9 am -3 pm
Where: Community Center
Fee: \$60
Instructor: Red Cross Certified
Session 1: October 3rd
Session 2: January 23rd



Breakfast & Lunch Served 6:30 am to 2 pm

Take out Available, Open Daily

Rt 1, Kittery Traffic Circle • (207) 439-5748 • One minute south of the Kittery Malls

Karate

With over 50 years combined Martial Arts experience, our Head Sensei Bob Modee (6th Degree Black Belt) is assisted by Joe Mazzaglia (3rd Degree Black Belt) and Seth Mazzaglia (3rd Degree Black Belt). Sensei Bob has been teaching at the Kittery Community Center since 1991. The unique style of traditional, authentic Shorin Ryu Karate combines native Okinawan "Tuite" techniques with "Hakutsuru" (White Crane) concepts first brought to Okinawa from the Shaolin Temple in China several hundred years ago. They are a Charter Member of the Okinawa Shorin Ryu Matsumura Seito Karate and Kobudo Federation, lead by Grandmaster Fusei Kise from Okinawa, Japan, and are affiliated with Shihan Greg Lazarus (OSMKKF Eastern US Director) from the Dover Kenshin Kan Karate Dojo in Dover, NH. All rank promotions are certified via Okinawa and Master Kise personally supervises all Black Belt promotions during his yearly visits to the US. Our classes stress Traditional Protocol, Self-Discipline, and quality authentic training and techniques. The classes continue all year and are held on Mondays and Thursdays from 6-7:30 pm. They are open to all adults and children over 7 years old, regardless of experience or fitness level. A family discount is offered. Come by the studio and watch one of our classes or try a Free Intro Class this week.

Who: Ages 7 years - Adult
 When: Mon & Thursday, 6-7:30 p.m.
 Fee: \$110/one person, \$80 each additional family member
 Session 1: September-November
 Session 2: December-February



Pre-Season Basketball Skills Clinic

Getting ready for the basketball season? Join Traip Varsity Boys Coach Jeremy Paul and staff to get a head start on the upcoming season.

When: Monday-Thursday, November 2-5, 6:30-8 pm
 Who: Grades 3-6
 Where: Traip Academy
 Fee: \$25/or \$35 a family



Hip Hop



These classes were introduced in February at Kittery Recreation and have become VERY popular. Give it a try!

Curious? Want to investigate Hip Hop Dancing? Many of you have seen "So You Think You Can Dance." Come to Kittery Recreation on Friday night and watch students and instructor Buffie McLaskey demonstrate Hip Hop for you! We are going to be holding several Hip Hop classes for 5 year olds-Teens and Adults! Awesome....this is your chance! Buffie's largest attended classes are for teens and adults so this is a popular style of dance for all ages. Great exercise. Buffie McLaskey has been associated with several professional dance companies/agencies and has been teaching dance since age 13. She is a master level Hip-Hop teacher and has created her own dance style called "B-Style; it's fresh and fun! Her classes are fast paced, energetic, and fun! Come and learn the newest Hip-Hop steps while listening to the latest music and most of all, have FUN! Classes are taught in a friendly and non-threatening environment.

3:45-4:30

Basic Open Hip-Hop

No experience necessary and is based on having fun, being active, and building a healthy self esteem, self image.

\$60/6wks

4:30-6

Beg/Intermediate Hip Hop

At least one year of prior dance experience or training is required to participate in this class. This class focuses on more advanced choreography and training. Performance oriented with performance opportunities.

\$75/6wks

6-7:30

Teens and Adult Hip Hop

\$75/6wks



Session 1	September 11-October 16
Session 2	October 30-December 11 (No class Thanksgiving week)
Session 3	January 8- February 12
Session 4	February 26-April 2

Zumba-Body Shop- Dance Exercise with Tia

Mother/Daughter Dance Exercise 3:30-4:30

This Cardio class has it all! Mom's and daughters workout together! Nurture and enrich your bodies and relationship. Promote a healthy lifestyle and lifelong exercise habits. Build confidence, coordination and endurance with this dance workout. A typical class will consist of warmups, dance routines, strength exercises, cool down and FUN!

BODY SHOP 4:30-5:30 All ages - All levels

This Cardio class has it all! Boost your overall health while improving muscle strength, bone density, flexibility and balance. Target "your" problem areas with this combination work out - emphasis is on meeting the needs of the individual. Stretch- flexibility, balance, coordination , Core (midsection) workout - strengthen, tighten, tone , weights - increase bone density, muscle definition mat work- sculpt, target Wear comfortable clothes and bring weights (2-3 lbs.) and a mat.



5:30-6:30

A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.

Dance Exercise 6:30-7:30

Get on your feet and move to the music. This Cardio class is a mix of Jazz, Hip Hop, Line Dancing and everything in between. Learn simple, easy to follow routines to a variety of popular songs. Get fit, Look good, Feel great and have fun.

Tuesdays Six Week Sessions

Session 1	September 15-October 20
Session 2	October 27-December 1
Session 3	December 8-January 19 (no class on December 22)
Session 4	January 26-March 2
Fee:	\$45/six wks
Instructor:	Tia Pike



Ringling Brothers and Barnum & Bailey presents



"Over The Top"



Ringling Brothers and Barnum & Bailey presents "Over The Top", a wacky, whimsical, circus spectacular where dogs fly, Asian elephants stomp, hop and groove and one courageous man stands eye to eye with a pack of Bengal tigers. Circus celebrities rev-up the motorcycle madness featuring one cycle on a high wire and seven speeding riders in a Globe of Steel. Extraordinary aerial acts fill the arena sky with a rare double-decker trapeze and Chinese acrobats propelling through the air. And with audience participation, this circus really is "Over The Top." Hurry and reserve, this will sell out quickly.

Who: Families
 When: Saturday, October 3rd, 10:30 show. Bus will leave Kittery @ 9 am
 Where: Manchester Verizon Wireless Arena
 Fee: \$24/ticket and bus transportation



Portland Pirates Discount Tickets



The Kittery Recreation Department is now selling Portland Pirates discount flex vouchers for the 09-10 hockey season. Tickets are on sale now at the Kittery Community Center. Each flex voucher is good for any main deck seat at any Cumberland County Civic Center home game during the regular 09-10 season, subject to availability.

Adult vouchers are \$10 each. Child/Senior vouchers are \$9. Ticket sales will begin October 1st and end on April 1st.

Vouchers can be redeemed at the Civic Center Box office for any 09-10 regular season home game with the Portland Pirates. These make great gifts for the upcoming holiday season, birthday or anytime you want to take the family to the game and are looking for a deal! Perfect for the hockey fan in your family to use throughout the season!

All flex voucher sales are final.



Maine Red Claws Group Tickets

Join us as we travel to Portland to help kick off the Inaugural NBA-Development League season of the Maine Red Claws! Watch professional basketball that is an affiliate of the Boston Celtics! Great seats and a great night out for the family at a great price.

Date: November
 Time: Time and date to be announced shortly
 Cost: \$35/with ticket and transportation

Gymnastics/Tumbling

With Heather Philo

Pre-School Tumbling

Pre-School Tumbling is an exciting program that is being offered at the Center. Kittery Recreation is pleased to continue offering this program and Heather Philo. The goals of this program are to encompass building physique and character with each student, while connecting mind and body in an active and fun filled environment. Mat and floor techniques such as forward and backwards tumbles, donkey kicks, and various fitness activities. The classes will also include balancing, core strengthening and cardiovascular exercises.

Who: Toddlers
When: Thursdays, 2:30-3:30 pm
Fee: \$95
Session 1: September 24-November 5th (7wks)
Session 2: November 12-January 14th (7wks)



Gymnastics Program

The goals of this program are to encompass building physique and character with each student, while connecting mind and body in an active and fun filled environment. There will be mat and floor exercises, forward and backward tumbles, donkey kicks, and various fitness activities. The classes will also include balancing, core strengthening and cardiovascular exercises. These classes will be customized based on your child's age and developmental skill level.

Who: School aged children
When: Mondays, 5-6 pm
Fee: \$95
Session 1: September 21-November 2nd (7wks) Class is held on Columbus Day.
Session 2: November 16-December 28th (7wks)





Wii Play

Come hang out at the Community Center for a fun-filled time playing Wii and laughing with friends! We will have two televisions set up with two Wiis to play. Come challenge your friends to a game of bowling or baseball or see who can shred the best on Guitar Hero.

Who: Youth

When: 2:30 - 4 pm Fridays
9/11 & 25; 10 /9 & 23
11/6 & 20; 12/11; 1/8 & 22

Where: Community Center

Fee: Free

Wii & Pizza Night

Come hang out at the Community Center for a fun-filled night of eating pizza, playing Wii and laughing with friends! We will have two televisions set up with two Wiis to play. Come challenge your friends to a game of bowling or baseball or see who can shred the best on Guitar Hero. Plus, loads of pizza!!

Who: Children in grades 4-6th

When: Fridays 6 - 8:00 pm
Nov. 6, Jan. 22, Mar 19

Where: Community Center

Fee: \$5 includes pizza and drink

**Preregister by the Weds
before the Friday date.**



Guitar Hero Challenge Night

So you think you can rock? Put yourself to the challenge against your friends and maybe even a Kittery Rec staff member! We'll have two televisions, two Wiis, and plenty of guitars set up to maximize the rock potential! Pizza will be served.


Who: Children grades 4-6

When: 6 -8 pm Friday,
January 8th (Register by Jan 6th)

Where: Community Center


Fee: \$5 pizza included

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2nd Annual Fundraising Auction March 27, 2010 at Regatta Room in Eliot, ME

The Kittery Recreation Department and Traip Academy Athletic Boosters will be hosting this Auction to help benefit their programs in Kittery. Last year's auction raised over \$11,000 in just it's first year! Come be a part of a great night out in support of these great organizations! Entertainment following the auction will again be **"The Jen Thayer Band!"** If you would like to donate an item to be auctioned off or become a sponsor please contact Jeremy Paul at 439-3800 or jpaul@kitteryrecreation.com, or Linda Lorrey at Tstar6@myfairpoint.net.

Time: Auction Begins at 5:30 pm
Tickets: \$12 a person/includes food



**Sponsored by: Weathervane Seafoods,
Bank of America, Kennebunk Savings Bank**

By press time these three businesses had requested to be Gold Level sponsors of this event. There will be others mentioned later.

SAVE THE DATE

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Adventure Programming

Mountain Bike Club

This will involve learning the basics of the sport, utilizing trails in the area. Emphasis will be on safe riding techniques while on and off the trail. Participants will need a bike, helmet and a water bottle. Volunteers are needed as we plan to do trips to local trails.

Who: Ages 6 and up
 When: Thursdays, 4-5:30 pm
 Where: Community Center
 Fee: \$35
 Instructor: John Rafferty
 Session 1 September 10-October 1
 Session 2 October 15-November 5




Winter Hiking/Nature Skills

This course will cover all the skills necessary to be comfortable in an outdoor winter environment. Survival skills such as fire building, winter travel, using a map and compass along with what to do in emergency situations along with acquiring an appreciation for the surrounding landscape. So jump on board if you want to be like Bear Gryllis.



Who: Ages 6 - 18 Min: 10 Max: 20
 When: Thursdays, 4-5:30 pm
 Session 1 January 7-28
 Session 2 February 11-March 4
 Session 3 March 18-April 8
 Where: Community Center
 Fee: \$40
 Instructor: John Rafferty



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Adult Programming

Bingo

We will have bingo on the 1st and 3rd Friday of each month. Please register for these days so that we can tell you what will be ordered for lunch. There will be prizes awarded to winners. Please register by Thursdays.

Who: Adults/Fridays
 Time: 11 am-1 pm
 When: Sept 4 & 18 Moe's
 Oct 2 Pizza
 Oct 16 Halloween Party
 Nov 6 & 20 Hamburgers
 Dec 4 Moe's
 Dec 18 Christmas Party
 Jan 15 Pizza
 Feb 5 Soup/ sandwich
 Feb 19 Mardi Gras
 Where: Community Center
 Fee: \$6.50 with lunch/or
 \$2.25 without lunch

Karaoke Fridays

Let's get together and have some fun while singing songs as a group or solo performances for those who wish to sing. It is a low key group of people who just like to have some fun. There is no pressure to perform. You may just come and be an audience member if that is your comfort level. On the following Friday evenings we will set up the Karaoke room for a good time. There is no charge for participation.

Time: 6-8:30 pm
 Where: Community Center
 When: 3rd Friday each Month
 October 16
 November 20
 January 15
 February 19



Senior Wii Sports

Join us on Thursday mornings for some exercise and socializing! We will have a weekly sports league right at the Community Center!! We will be using the popular, Nintendo Wii game system to bowl, golf or whatever. If you can swing your arm, you can play the Wii! Players can sign up individually or as a team. The first week will be an introductory session with Kittery Recreation staff to assist you in learning this great, yet easy new pastime.

Who: 55 years old and up
 When: Tuesdays 1-2 pm
 Where: Community Center
 Fee: FREE
 Session 1 Sept 8-October 13
 Session 2 Nov 10-December 15

Drop-ins welcomed any week!



Ice Cream donated by "Izzy's" from Portsmouth, NH. Beth Gilbert, our own Kittery Resident, is generously donating all of the ice cream for our end of the summer bash! Come make your own sundae with all the toppings. There will be sugar free selections too! Friday, September 18th, 5:30 pm at Kittery Rec.

Adult Programs



First Aid Class

This American Heart First Aid course will give participants the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive.

Who: Adults
When: Wednesdays 5-8 pm
Where: Community Center
Instructor: Todd Henley
Fee: \$45
Session 1: October 7
Session 2: January 13



CPR Class

The purpose of the American Heart Association Adult, Infant and Child CPR course is to give participants the knowledge and skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, infants and children until advanced medical personnel arrive and take over.

Who: Adults/Seniors
When: Wednesdays 5-8 pm
Where: Community Center
Instructor: Todd Henley
Fee: \$45
Session 1: October 21
Session 2: January 20

SMCC

All meal choices and service is provided by the SMCC Culinary students. The vans will leave Kittery Rec. at 9 am and go to South Portland. A stop at the Xmas Tree shop and then off to lunch. The cost is \$20 and includes everything, however, the tip is payable that day. Max 22 people
Dates to be announced when the college opens.

Who: Adults
When: Sept. and Nov. TBA
Where: Portland
Fee: \$20

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Adult Programs

Fall Harvest Luncheon

Come join Recreation Staff for a special day. We will have a luncheon for everyone to enjoy. Friday, November 13th, is the date to reserve. The luncheon begins at 11:30 am and finishes at 1 pm. Turkey dinner with all the fixin's!

Who: Adults
When: November 13th
Where: Community Center
Fee: \$8

Breakfast Buffet

Come join Recreation Staff for a special breakfast buffet. This is our first breakfast event and we are excited. The buffet will have scrambled eggs, bacon, hash browns, donuts, muffins, fruit, coffee, tea and other items. Registration required. Must be registered by January 28th. You will receive a ticket when registered. A minimum amount of people must be registered in order to hold this event.

Who: Adults
When: Tuesday, Feb. 9th @ 9 am
Where: Community Center
Fee: \$7

Please register by January 28th.

Hilltop Steak House



Hilltop Steak House is our destination for our lunch trip on Sept. 16th. The van will leave Kittery Community Center at 9:00 and return by 2:30 pm. There will be a quick stop at the Christmas Tree Shop.

Who: Adults
When: September 16th
Where: Danvers
Fee: \$10 + lunch on own

Traip Academy Luncheon

Join the Rec Department staff for our annual Kittery School Luncheon. The Traip Academy kitchen staff will prepare this luncheon for you. The luncheon will begin at 11:45 am and finish at 1:00 pm.

Who: Adults/Seniors
When: Tuesday, January 12
Where: Traip Academy
Fee: \$7



Adult Programs

All Shook Up

On September 23rd we are on our way to Ogunquit Playhouse to see "All Shook Up". The show is at 2:30 pm and we will return immediately following the show.

Who: Adults
When: Wed, Sept. 23rd
Where: Ogunquit
Fee: \$49/with van trans

South Portland Shopping Country Buffet

Join us for a great day in the South Portland area while we visit the Christmas Tree Shop, and Reny's. We will use our vans for this trip. Lunch will be on your own, however, we will dine at the Country Buffet.

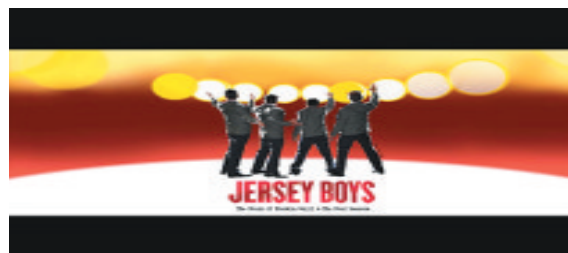
Who: Adults
When: Wednesday, Dec 9th
Where: Portland
Fee: \$8



Flaghill Winery

Join us for a great trip and get an extensive behind-the-scenes tour of Lee NH's Flag Hill Winery & Distillery. Explore the vineyard, find out how they make their wine and spirits, and taste their many delicious products! We will have lunch at a local restaurant on the way. Lunch will be on your own. We will leave the center at 10:30 am

Who: Adults/Seniors
When: Thursday, Sept. 24th
Where: Lee, NH
Fee: \$12/plus your lunch



Join us for a great day in Boston at the theatre on Saturday, September 26th. We will leave Kittery at 9:45 am and arrive in Boston in time for wondering around the theatre district and having lunch on your own. The show is at 2 pm at the Shubert Theatre. Coach transportation is included. Our seats are nine rows back in the center. Only a few tickets left so hurry!

Who: Adults
When: Saturday, Sept. 26
Where: Boston
Fee: \$120/meal on own



Fryeburg Fair

Fair Season is here! Join the Recreation Department as we head to the Fryeburg Fair this year. We will leave the Community Center at 6:30 am. in our vans We will leave the fair at 3:30 pm.

Who: Adults/Seniors
When: Tuesday, Oct 6th
Where: Fryeburg, ME
Fee: \$10/admission and transportation

Hart's Turkey Farm

Let's go to Meredith NH and have lunch at the famous Hart's Turkey Farm. There are many luncheon specials at very reasonable prices. Your lunch is on your own and not included in the price. We will leave Kittery Rec. at 9:45 am.

Who: Adults
When: Wed, October 21st
Where: Meredith, NH
Fee: \$8/Lunch on own

Adult Programs

Salem NH/T-Bones

Join us for a great day in the Salem, NH area on Wednesday, November 4th. We will shop at the Christmas Tree Shop and then dine at the very popular T-Bones Restaurant. Lunch is paid on your own. Leave the Community Center at 9:30 am.

Who: Adults
When: Wednesday, Nov. 4th
Where: Salem NH
Fee: \$8/meal on own



A Christmas Carol by Charles Dickens

Travel back in time to Victorian England where ghosts, time travel, and memories help a cold and lonely old miser regain his heart. PSC's production, with its sparse set and lush costumes, keeps the focus on the human element of the story, and inventive use of actors and lighting provide smooth transitions from world to world, while creating startling effects that only serve to enrich Dickens' words. We have tickets for the 2:00 pm show. Lunch at the Country Buffet prior to the show. We will leave the Recreation parking lot at 11:00 a.m. Van transportation is provided.

Who: Adults
When: Saturday, December 5th
Where: Portland Stage Company
Fee: \$30/meal on own



Early Notice Boston Opera House

Grease

Theatre Trip

Saturday, June 12, 2010

Premiere Seating plus
coach transportation.

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out quickly!*

Mystery Luncheons

Mystery lunch destinations that will surely wet any appetite. Join us for a delightful dining experience. We will take our vans for this so that we can keep the price low.

Who: Adults
When: Wed, 10/14; 11/18;
1/20
Where: Various restaurants
Fee: \$7 per trip/lunch on
your own

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Adult Programs


Traip Drama Club Dinner Theatre Saturday, Nov. 14th



Join Kittery Recreation Department as we enjoy the finest that Traip Drama Club has to offer. Presented will be dinner and a show at Traip Academy. Doors will open at 6 pm, with food being available to purchase. The show will start at 7 pm. The play will be announced in early fall. Food is purchased separately. Tickets can be purchased at the Kittery Community Center beginning November 2nd, or they can be purchased at the door.


Tickets: \$3 per child
 \$5 per adult

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Adult Programs

Kittery Recreation and Kittery Estates Team Up For A Special Luncheon

Large Bingo Game and Luncheon at Kittery Estates

January 6th , Kittery Estates @ 220 State Road will host a buffet luncheon. 40 people max. Bingo games and prizes.

Please register at Kittery Recreation Department by January 3rd. The cost is \$8 per person.



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HOLIDAY RETIREMENT

Red Sox Tickets/New York Yankees vs Boston Red Sox at Yankee Stadium

Become part of Red Sox history as the Kittery Recreation Department travels to New York and the home of the new Yankee Stadium! Join the Red Sox on their last road trip of the season.



Boston At New York



Saturday, September 26, 2009 1:05 pm Game
\$169/Ticket includes ticket and transportation

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Looking to play some late night weekend hoops?
Check out Saturday Night Basketball at Traip Academy!
Come on out and play some pick up basketball, have a 3 point contest,
work on your game, or whatever you choose. Bring your friends. **FREE**

Who: Boys and Girls ages 13-17
When: Saturdays, October 17 and 24; November 7;
December 5 & 12; January 30; February 13 and 27.
(More dates may be added)
Ages 13-14 7-9:00 pm
Ages 15-17 9-11:00 pm



***Transportation home needs to be immediately at 9 and 11 pm.



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Project Update from Recreation Director

Now that Frisbee School is indeed vacated by the School Department, that site will be studied by the Frisbee Revitalization Committee. They were appointed in August. Their charge is to seek ideas from the public on Frisbee reuse. After deliberation, the committee will develop a plan for reuse, including a timeline, identification of programs and offices proposed for location in the complex, a design plan, and approximate project cost.

How can you help?

Become an annual member of Friends of Kittery Recreation by paying dues of \$10 regular or \$25 family or \$300 for business or corporation. This entitles you to vote at the annual meeting and keep abreast of what is happening.

Leaves

Inscribed leaves for our wall mounted Giving Tree are still available for the "Wall of Honor" to be permanently mounted in the new facility lobby. These leaves make a perfect gift for any occasion. Donation: \$25 for a leaf; Silver leaf is \$100; and a Blossom is \$300. Is your name on the wall yet? The wall is on display at the Community Center.

Printer Toner Cartridges

Toner Cartridges are being recycled. Please bring in your printer toner cartridges to the center and drop them off to us. About three to four times a year we have a company come and pick them up and they write us a check for the Building Fund, it is as easy as that! Do you work for a company that would be willing to donate their cartridges for a good cause? Ask them!



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